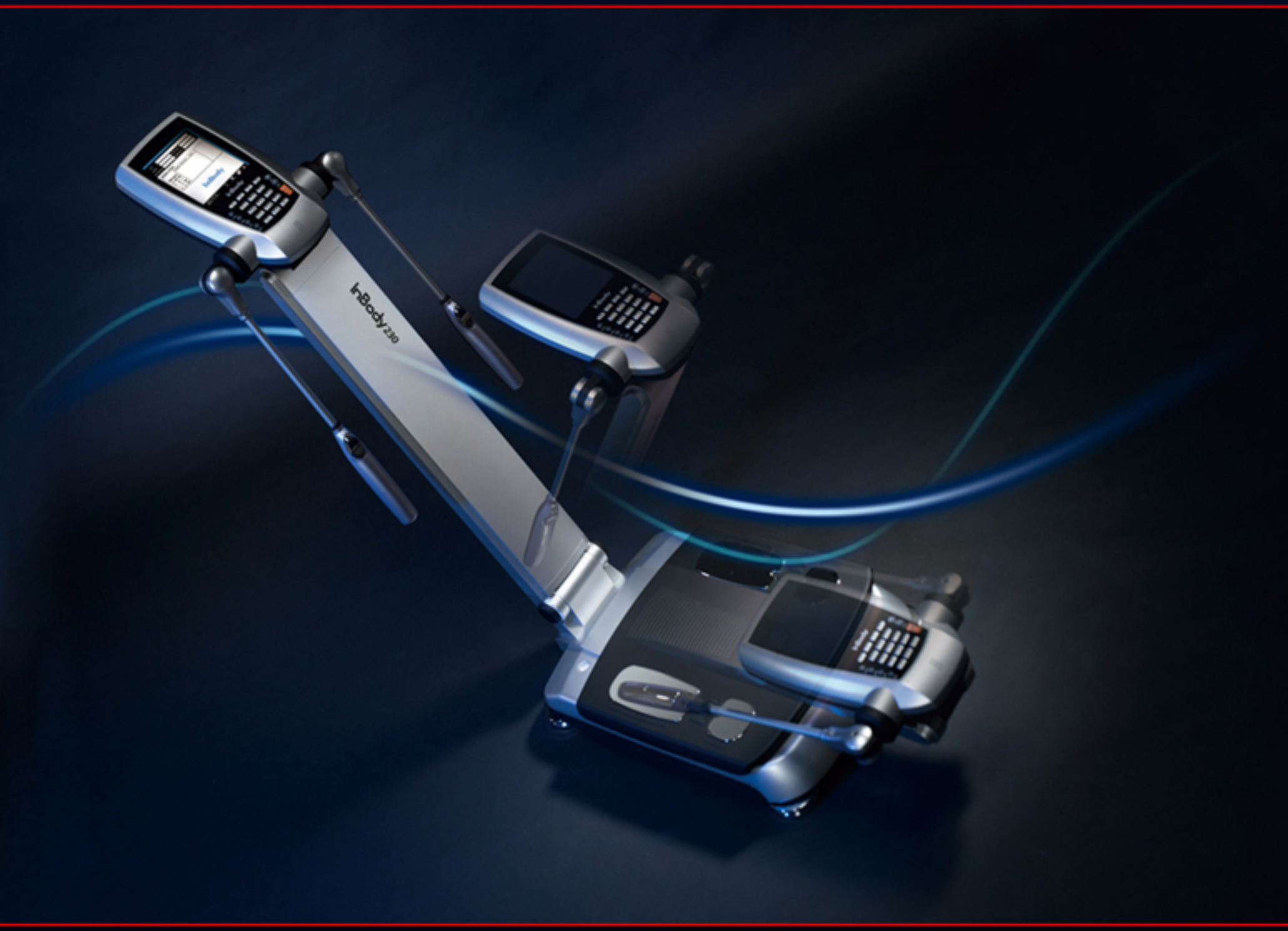


InBody

InBody

Name(I.D.)	Gender	Age	Height	Date	Time
2580	Male	30years	5ft. 3.8in	2007.03.21	09:23:35

BIOSPACE
www.biospaceamerica.com

Body Composition

Compartments	Values	Total Body Water	Lean Body Mass	Weight
Intracellular Water	50.7 lbs.	80.4 lbs.	109.4 lbs.	131.2 lbs.
Extracellular Water	29.7 lbs.			
Dry Lean Mass	29.0 lbs.			
Body Fat Mass	21.8 lbs.			

Body Composition Analysis

	Under	Normal	Over	UNIT:%
Weight	55 70 85 100 115 130 145 160 175 190 205 220	131.2 lbs.		
Skeletal Muscle Mass	70 80 90 100 110 120 130 140 150 160 170 180	61.7 lbs.		
Body Fat Mass	40 60 80 100 160 220 280 340 400 460 520 580	21.8 lbs.		
Intracellular Water	70 80 90 100 110 120 130 140 150 160 170 180	50.7 lbs.		
Extracellular Water	70 80 90 100 110 120 130 140 150 160 170 180	29.7 lbs.		

Obesity Diagnosis

	Under	Normal	Over
Body Mass Index (kg/m²)	10 15 18.5 22 23 30 35 40 45 50 55 60	22.6	
Percent Body Fat (%)	0 5 10 15 20 30 35 40 45 50 55	16.6	

Segmental Lean Development

	Under	Normal	Over	UNIT:%
Right Arm	40 60 80 100 120 140 160 180 200 220 240 260	5.9 lbs.		
Left Arm	40 60 80 100 120 140 160 180 200 220 240 260	5.9 lbs.		
Trunk	70 80 90 100 110 120 130 140 150 160 170 180	48.9 lbs.		
Right Leg	70 80 90 100 110 120 130 140 150 160 170 180	17.1 lbs.		
Left Leg	70 80 90 100 110 120 130 140 150 160 170 180	17.1 lbs.		

Body Fat & LBM

Fat Control	- 2.4 lbs.
LBM Control	0.0 lbs.
Basal Metabolic Rate	1442 kcal

BMI Body Mass Index	☑ Normal	☐ Under	☐ Over
PBF Percent Body Fat	☑ Normal	☐ Under	☐ Over

Impedance

	RA	LA	TR	RL	LL(Ω)
20kHz :	309	308	25.5	245	241
100kHz :	271	271	21.4	213	210

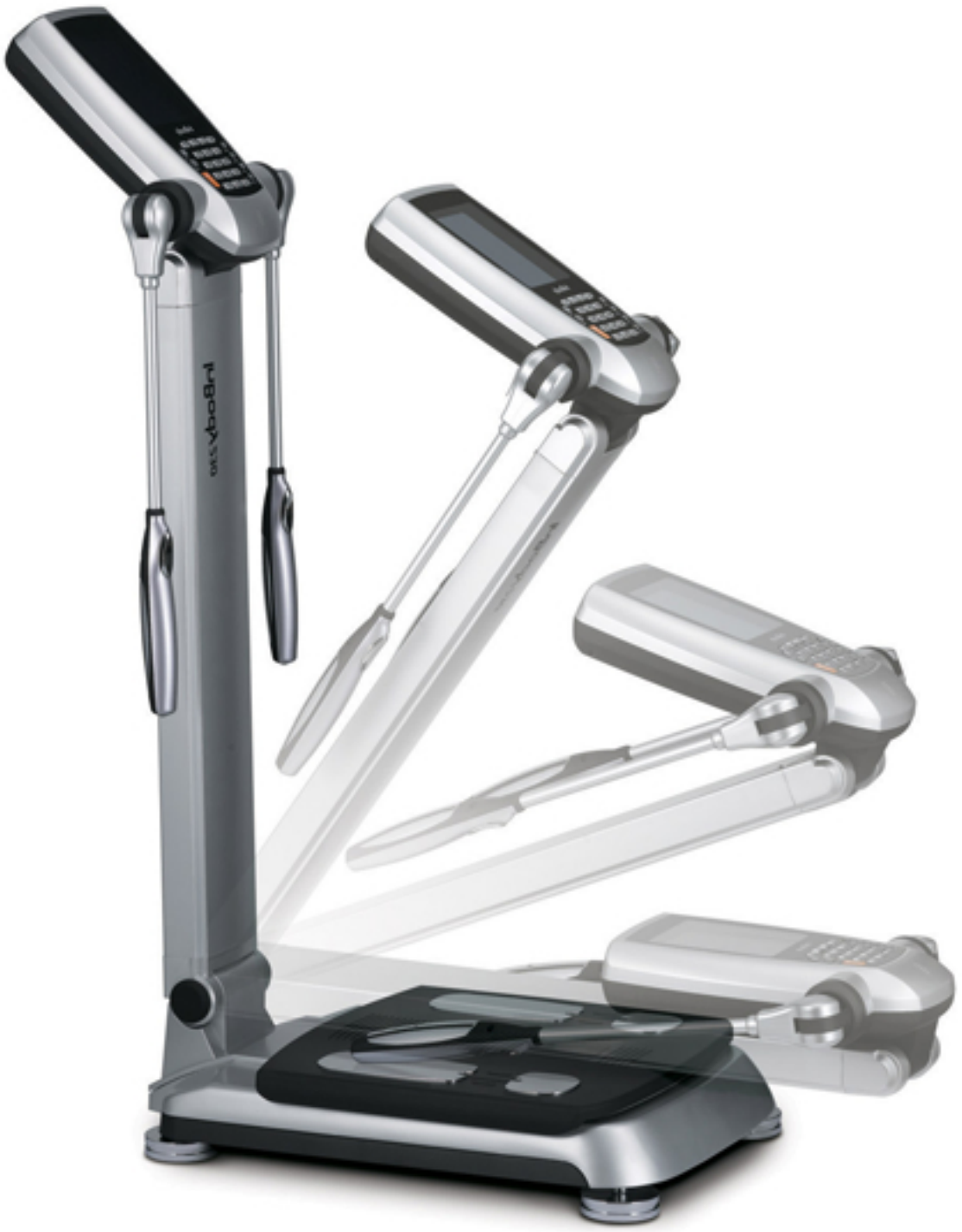
Body Composition
Your body is composed of water, dry lean mass (protein and mineral) and fat. Total body water is divided into water inside the cells (Intracellular water) and water outside the cells (Extracellular water). When you are healthy, your body maintains a balanced ratio between Intracellular water (ICW) and Extracellular water (ECW). Keeping these components in appropriate balance is the key to staying fit and healthy. Compositional imbalance in the body is closely related to obesity, malnutrition, edema and osteoporosis.

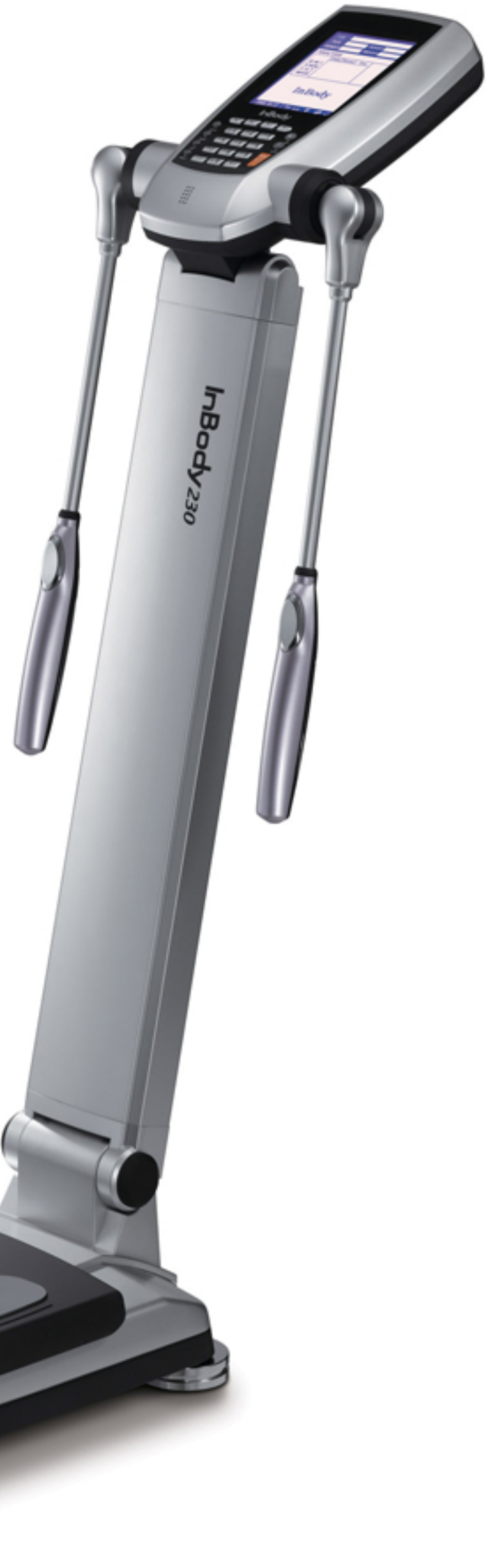
Body Composition Analysis
Excessive body fat is the cause of many diseases, and it is important to keep your body fat mass in a normal range. Your body fat mass and muscle mass determine your physique. In order to have a firm looking body, it is necessary to have greater muscle mass than body fat mass. An ideal graph would show the SMM to be greater than the body fat mass graph. Extracellular and intracellular water balance is critical for health since the body is composed mostly of water. When extracellular water is abnormally greater than intracellular water for some reason, edema is recognizable.

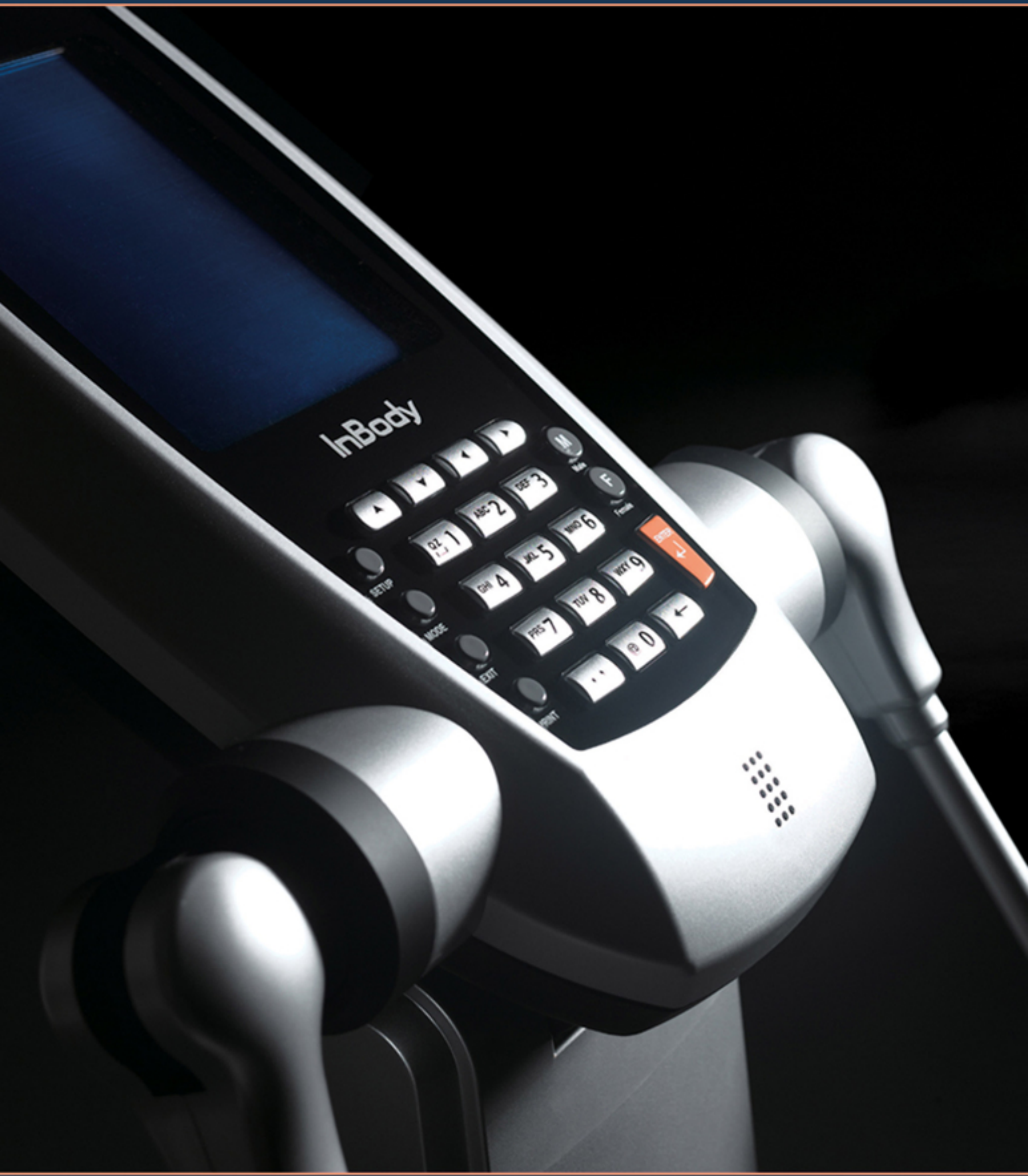
Obesity Diagnosis
The BMI method is the most common. It evaluates your weight in relationship to your height to assess body fat content. If your BMI is over the normal range, you are considered to be at risk for obesity related diseases. Percent body fat uses a percentage to show how much of your weight is body fat. Percent body fat is able to differentiate between muscle weight and fat weight, while BMI does not. BMI is helpful for 'normal' individuals to assess their obesity risk, but percent body fat is based on the composition of the individual rather than solely on their weight. The normal range for PBF is 10~20% for males and 18~28% for females.

Segmental Lean Development
The longer the bar graphs in this section, the better. This section is used to evaluate muscle strength and its distribution throughout the body. The normal or over range represent well developed muscle, while the under range indicates segments of the body that are lacking muscle. When analyzing the results it is helpful to compare the right and left side of the body and the upper to the lower extremities. By comparison you can assess whether your body is balanced or unbalanced.

Body Fat & LBM
Identifies the amount of body fat mass and muscle mass you should gain or lose in order to reach your ideal body composition.
LBM Control: + (need more LBM)
0.0 (maintain current LBM)
Fat Control: + (need more Body Fat Mass)
- (lose Body Fat Mass)




InBody230


InBody
SETUP
MODE
EXIT
ENTER